



SOCIAL SIGNIFICANCE OF PHYSICAL CULTURE

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Abstract

During communication, professionals use certain concepts and phrases related to their profession. The study and mastery of a particular field of science is based on these basic concepts. Without determining their content and volume, it is difficult to correctly understand many phenomena and issues of the theory and practice of physical culture, and the science that teaches the theory of physical culture cannot be successfully mastered.

Keywords: physical culture, natural development, physical development, impact, management.

Introduction

The main concepts used in the theory and methodology of physical culture include: physical development, physical education, physical culture, physical culture, physical culture system, physical knowledge, physical maturity (exercises, physical qualities, principles and other concepts.

Physical development is the process by which the human body gradually changes its natural structure, appearance and function.

The period of development can be divided into three phases: its high level, the relative stabilization of the development process and the gradual decrease in the physical capabilities of a person. Development is subject to the objective laws of nature - the law of the unity of the organism and the conditions of its existence, the law of reciprocity of service and structural changes, the law of gradual quantitative and qualitative changes in the body and other laws. In other words, physical development





consists of a set of objective and biological laws. The most important of these is the law of the integrity of the environment and the development of the organism.

When we apply the above to students, we must take into account the conditions of study, work and independent work, leisure. All this affects the physical development of children.

The fact that natural vitality and physical ability is passed down from generation to generation is an important basis for physical development, so not every student can achieve high results, but any student must be conscious, purposeful, we must recognize this exercise can have a positive effect thanks to exercise.

The main period of physical development corresponds to the period of preschool and primary school age and continues throughout the entire school age.

The direction, character, level of physical development, as well as the qualities and abilities that a person develops in himself, largely depend on the conditions of life and culture. The assimilation of the laws of physical development, their use for the purposes of physical culture is an important task of the theory and practice of physical culture.

Thus, the social conditions of people are crucial for their physical development. Among them, work culture, especially physical culture, plays an important role.

Physical Culture. Culture is the process of achieving high goals in socio-political and ethical-aesthetic ideals, such as culture, aimed at influencing a person with a specific goal and developing his abilities in accordance with the goal. Culture is a sphere of cultural activity of people, a way to assimilate this culture, improve its achievements and pass it on from generation to generation. Physical culture is also considered as a pedagogical system of human physical development. In the process of physical education, a specially developed system of exercises is used, which combines the forces of nature and hygienic factors. Formation of motor skills and skills, the development of motor qualities and the use of specialized knowledge for the comprehensive development of a morphofunctional organism adapts to the requirements of society. In other words, physical culture as a pedagogical process involves physical development and the acquisition of physical knowledge by people.

There are objective and subjective reasons for the emergence and development of physical culture (A.D. Novikov, L.P. Matveev, 1975).

The objective reason for this was the material conditions of society, including physical culture. Since the appearance of man, he began to hunt large animals. Hunting was a consumer industry and subjugated all other forms of human activity. In addition to food, she provided man with weapons, clothing and shelter. For a long time, hunting was a human competition in strength, speed, endurance, dexterity and "fight" with





animals. Hunting required an extremely high level of development of physical qualities, activating all kinds of human activities, giving them a practical understanding of the surrounding nature, which developed them physically.

The development of public consciousness began to be regarded as subjective in the formation of physical culture. Conscious life is distinguished by activity, character and meaning of life. A person used the social method of teaching someone about his experience, and the accumulation of experience accelerated the social process. It is believed that the new generation learned from the experience of the previous generation and continued to improve their experience, skills and knowledge.

Studies by Soviet scientists and foreign development scientists have shown that physical education can be practiced without external influence on the child's growth rhythm, but the best results can be achieved if this process is controlled. It should also be remembered that the possibilities of control are not unlimited. Human nature cannot be changed, but it is necessary to create the conditions necessary for the preparation of the child's reserve capacity. To achieve this development, specially directed and organized classes called "physical culture" began to be used.

Physical culture is a pedagogical process aimed at improving the morphological and functional aspects of the human body, the formation and improvement of basic motor skills, the assimilation and related knowledge that is important for his life. This definition emphasizes the uniqueness of physical culture as an independent form of human culture.

Physical education includes specific theoretical concepts related to the performance of physical exercises, as well as the skills and abilities to apply them in life when necessary.

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